What should you do if you have been in contact with someone who has tested positive for COVID-19?

Be the One to help slow the spread!

Quarantine means you should stay home and away from others. You should quarantine if you have been in close contact with someone with COVID-19.

What should you do if you have been in contact with someone who has tested positive for COVID-19?

If you were exposed to someone with COVID-19, you need to quarantine right away **if you were a close contact.** A close contact means you were within 6 feet for more than 15 minutes within a 24 hour period. You do **not** need to quarantine if you:

(1) have been fully vaccinated against COVID-19 *or* have been infected with COVID-19 in the past 3 months, **AND**
(2) do not have any symptoms

If you were exposed to someone with COVID-19, follow these instructions to figure out your quarantine timeline.

Your Exposure Date
Put the date of your most recent exposure.

/ /

When You Should Get Tested
At least 5 days after your Exposure Date. You should continue to quarantine, even if your test is negative.

/ /

Your Quarantine End Date
14 days after my Exposure Date.
Your Quarantine End Date may be extended if:
- You develop symptoms of COVID, even if you test negative (see other side)
  OR
- You are living with someone who has tested positive for COVID-19 (see below)

/ /

If you test positive for COVID-19, flip this page over to learn about what you should do

What should you do if you live with someone who has tested positive for COVID-19?

COVID-19 spreads very easily, so people who live with someone who has tested positive for COVID-19 are at risk for also getting the virus. You and all other non-infected household members should **immediately quarantine**. Follow these instructions to figure out how long you should quarantine. Ask:

Can the person who tested positive completely isolate from others within your household and avoid sharing a bedroom, bathroom, and/or common spaces?

YES

Your quarantine begins now, and ends 14 days **after** the person who tested positive **begins their isolation**

Example: *If the person who tested positive begins isolation on **May 1**, then you end your quarantine **no earlier than May 15***

NO

Your quarantine begins now, and ends 14 days **after** the person who tested positive **completes their isolation**

*If the person who tested positive begins isolation **May 1** and completes isolation on **May 11**, then you end your quarantine **no earlier than May 25***

Remember, if you have symptoms or are exposed to anyone else with COVID-19 during your quarantine, your quarantine may need to be extended. If you have any questions, please call the NC COVID Community Team at the number below. If you develop symptoms of COVID-19, even if you test negative, immediately isolate. See the other side of this page or call the NC COVID Community Team at the number below for more information.

ⓘ Support and Information

See below for support and information if you have **tested positive** or if you have **come into contact** with someone who is COVID-19 positive.

If you receive an email from **NC-Outreach-noreply@dhhs.gov**, a text from **45395**, or see your local health department or NC COVID Community Team (**1-844-628-7223**) appear on your phone, **please answer.**

Quarantine and Isolation Info and Support
For more information, visit
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html
or
covid19.ncdhhs.gov/support

Vaccine Info
For more information on the COVID-19 vaccine, visit
YourSpotYourShot.nc.gov.
You may also call NC's COVID-19 Vaccine Help Center at
1-888-675-4567

Testing Info
To find a testing site near you, go to
ncdhhs.gov/TestingPlace

Abuse and Crisis Support
If you need mental health or substance abuse services, please call the Hope 4 NC Crisis Counseling Services Hotline at
1-855-587-3463

Immediate Assistance
If you have questions and would like to talk to someone immediately, please call your local health department or the NC COVID Community Team at
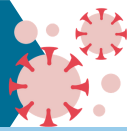**1-844-628-7223**

SlowCOVIDNC
Download SlowCOVIDNC, the official COVID-19 Exposure Notification app for NC. It is completely anonymous, operated through Bluetooth, and an easy way to protect your community.

Apple App Store

Google Play

What should you do if you have tested positive for COVID–19?

Isolation means you should stay home and away from others, even inside your home. You should isolate if you have tested positive for COVID-19.

Be the One and Protect Your Loved Ones and Community

To protect yourself and loved ones, you should stay at home and isolate yourself from others within your household and avoid sharing a bedroom, bathroom, and/or common spaces.

You must remain in isolation until ALL of the following are true:

1. It has been at least 10 days since your symptoms started or 10 days from your test date if you did not have any symptoms

AND

2. 24 hours have passed since you last had a fever* while being off all fever-reducing medications like Advil and Tylenol

AND

3. Your symptoms have improved or are gone

*Fevers are temperatures more than 100.4°F (37°C)

Notify Others to Help Slow the Spread

Be the One and reach out to anyone you have recently been in close contact with to let them know you have tested positive for COVID-19. Use the worksheet below and follow these instructions to notify your friends and loved ones so they protect themselves and others.

1. Enter your Start Date and the time period when you may have exposed others

Your **Start Date** is whichever came first - when symptoms started, or when you tested positive for COVID-19.

The **time period** when you may have exposed others starts 48 hours before your Start Date and ends when you start isolation.

2. Think through who you were physically close to during the time period when you may have exposed others

This would be anyone you saw face-to-face within **6 feet** for more than **15 total minutes** in a **24-hour period**, regardless of mask use.

3. Reach out to your contacts that you saw during your Time Period (below).

Reach out directly to your contacts to let them know they have been exposed to the COVID-19 virus. Or you can use **TellYourContacts.org** to anonymously let your contacts know.

People living with you are at risk for catching COVID-19. **Turn this page over** for information on how your close contacts, including people you live with, can stay safe.

Start Date	Start Date		Time period	48 hours before Start Date	to	Date started isolation
	/ /			/ /		/ /

Who lives with you?

What activities have you done during the time period that involved other people? This can help you remember persons you may have been around	Activity	Location	Date
			/ /
			/ /
			/ /

Who have you been around during this time period?	Name	Phone	Date you last saw them	Where you last saw them
			/ /	
			/ /	
			/ /	
			/ /	
			/ /	